July 2018

Five Points Center For Active Adults

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00-12:00 iPhone Basics 2 $	3 9:30-10:15 BP Screenings 10:00-11:30 Google Photos Intro $ 10:15-11:15 Health Talks	4 **CLOSED** Independence Day	5 10:30-11:30 French Level 1 $	6
9 2:00-4:00 iPad Basics 3 $ 3:30-5:00 Questions Across the Spectrum Discussion Group	10 10:00-11:30 Google Photos Intro $ 1:00-2:00 Finance: Gov't Assistance for Long Term Care	11 10:00-11:30 Computer Basics 1 $	12	13
16 2:00-5:00 Drawing: Fundamentals of Perspective $ 3:30-5:30 Readers' Theatre 6:00-8:30 Watercolor for Beginners $	17 10:00-12:00 Intro to SIRI for iPad/ iPhone $ 2:00-5:00 Watercolor for Beginners $ 3:00-4:00 Health Topic: Stress	18 10:00-11:30 Computer Basics 1 $	19 10:30-11:30 French Level 1 $ 1:00-2:00 Finance: Truth About Reverse Mortgages 4:15-5:15 Music Therapy for	20
23 10:00-12:00 iCloud Basics for iPhone/iPad $ 2:00-5:00 Drawing: Fundamentals of Perspective $ 3:30-5:00 Questions Across the Spectrum Discussion Group	24 9:30-10:15 BP Screenings 10:00-11:30 Computer Basics 2 $ 2:00-5:00 Watercolor for Beginners $	25	26 10:30-11:30 French Level 1 $	27 1:30-3:00 Parkinson's Disease Dialogue
30 2:00-5:00 Drawing: Fundamentals of Perspective $ 3:30-5:30 Readers' Theatre 6:00-8:30 Watercolor for Beginners $	31 10:00-11:30 Computer Basics 2 $ 2:00-5:00 Watercolor for Beginners $			

****Classes and times are subject to change. Please confirm with staff when registering or call us at 919-996-4730****

July 2018

Weekly Classes

Monday		Tuesday		Wednesday		Thursday		Friday	
9:00-9:00	Fitness Room	9:00-6:00	Fitness Room	9:00-6:00	Fitness Room	9:00-9:00	Fitness Room	9:00-6:00	Fitness Room
9:15– 10:00	Pilates $	9:15-10:00	Qi Gong $	9:15-10:00	Total Body Conditioning $	9:15-10:00	Core, Balance, & Stretch	9:15-10:00	Qi Gong $
9:30-10:15	Ageless Grace $	9:15-10:00	Bootcamp $	9:30-12:00	Ceramics	9:30-10:10	Benefitness	10:15-11:00	Seniors in Motion $
9:30-10:15	Cardio Sculpt $	9:30-10:10	Benefitness	10:00-11:30	Craft Group	10:00-11:30	Craft Group	10:30-11:30	Pilates $
10:00-11:30	Craft Group	10:00-11:30	Craft Group	10:15-11:00	Cardio Sculpt $	10:00-12:00	Bridge	1:00-1:45	Zumba $
10:30-11:30	Beg. Tai Chi $	10:15-11:00	Cardio Sculpt $	10:15-11:15	Pilates $	10:15-1100	Cardio Sculpt w/ a TWIST$	12:30-3:00	Bridge
10:30-11:15	60 Sec to Good Health $	10:15-11:00	Balance & Strength $	11:15– 12:00	Cardio Sculpt $	10:30-11:15	Seniorcise $	12:30-3:30	Mah Jongg Open Play
11:30-12:30	Inter. Tai Chi $	10:30-11:15	Seniorcise $	12:00-1:00	Tap Dance $	11:15-12:00	Balance & Strength $	2:00- 3:30	Line Dance Open Studio
11:00-12:00	Harmony Chorus	11:00-11:45	Dance Xross Fitness $	12:00-12:45	Gentle Stretch $	11:30-12:45	Chair Yoga $	3:00- 5:45	Pickleball Open Play
12:00-1:00	Joyful Chorus	11:30-12:45	Chair Yoga $	1:00-2:00	Beg. Line Dance	12:00-12:45	Men's Strength & Cond.		
12:15-1:00	Seniorcise $	12:00-12:45	Zumba $	1:00-5:00	Bluegrass Jam	12:00-1:00	Pilates $		
1:00-2:00	Beg. Line Dance	1:00-1:45	Total Body Conditioning $	1:15– 2:00	Bootcamp $	1:00-1:45	Total Body Cond. $		
1:00-4:00	Bridge & Games	2:00-2:45	Men's Strength & Conditioning $	1:30-4:30	SHIIP Appointments	1:00-1:45	Silver Cardio $		
1:30-2:15	Drumming For Fitness $	3:00-4:00	Vinyasa Yoga $	2:00-3:00	Inter. Line Dance	1:30-3:30	Table Tennis		
2:00-3:00	Inter. Line Dance	3:00-5:45	Pickleball Open Play	2:15-3:00	Balance & Posture $	1:30-4:30	SHIIP Appointments		
2:00-3:00	Gentle Yoga $	3:00–3:45	Boxing for Fitness $	3:15-4:15	Gentle Yoga $	2:00-4:00	Mah Jongg Beginner		
3:15-4:15	Gentle Yoga $			4:30-5:15	Tai Chi Open Studio	2:00-4:00	Mah Jongg Open Play		
5:30-6:30	Pilates $					2:00-4:00	Cribbage		
6:45–7:30	Total Body Conditioning $					5:45-6:30	Total Body Toning $		
						6:15-7:15	Vinyasa Yoga $		
						6:45-7:30	Core, Balance, Stretch		
						7:30-8:15	Group Mindfulness Practice		

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